

Food with Care

Child and Adult Care Food Program

Bureau of Nutrition Programs and School Transportation • Iowa Department of Education

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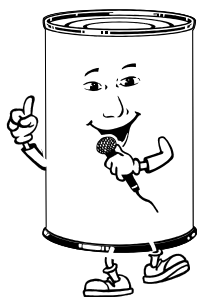
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JUST THE FACTS Information on Nutrition Labels

Food labeling does not draw your attention like a Pulitzer novel, but it does provide valuable creditable foods information necessary to carry out safe food service. For example, in January, Kraft changed the name of cheese spreads and cheese foods to Pasteurized Prepared Cheese Product. Pasteurized Prepared Cheese Product is **not** creditable for any food-based menu planning approach for the Child Nutrition Programs. The product packaging looks very similar, the information provided on the package and on the Nutrition Label reveals the changes.

Selecting creditable products to use in your food service program is essential to delivering reimbursable meals. Label reading is the main tool in purchasing creditable meal components. The nutrition labels called “Nutrition Facts” appear on almost all food products. Under regulations from the Food and Drug Administration of the Department of Health and Human Services and the Food Safety and Inspection Service of the U. S. Department of Agriculture, the food label offers more complete, useful and accurate nutrition information than ever before.

Product changes happen without warning. Carefully reading labels on packaged and prepared foods will prevent purchasing non-creditable meal components. Companies change merchandise to make the product economically feasible either by replacing ingredients or by making the serving size smaller. The company may not change the package appearance. The change may be significant enough—to change a creditable food into a non-creditable food or unrealistic serving size for the ages served.

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Attention must be given to the food label to determine whether the product is creditable and what amount constitutes a correct serving for the age of the child served. To determine the amount to serve, use the product label and the meal pattern chart. Save sample labels and keep a list of the amounts you serve of frequently used products. Do not use the serving size on the label; this is for adults. Serving sizes used should be realistic for children.



Product promotion and package design may be misleading. The General Mills advertising current push states their cereals are made with whole grain. However, if you examine the ingredient list, it is actually not a 100% whole grain product. The

sugars are separated in the ingredients list; by combining all sugars they may out weigh the whole grain ingredients.

Many juices also have misleading packaging. Juices must be 100% juice to be creditable. Juice “cocktail” and some products labeled “punch” are not 100% juice. These words may be concealed within the product description.

Several grain/bread products are shrinking in size. Often the product will remain the same price, but the serving size will be much smaller; or the product will adjust frosting or sweetened ingredients and require a larger portion in order to make a complete serving. Foods that qualify as grains/breads are enriched or whole grain, or are made from enriched or whole grain meal and/or flour. Bran and germ are credited the same as enriched or whole grain meal or flour.

To avoid foods containing ingredients with elements that are potential causes for allergic reactions; read labels on packaged and prepared foods carefully. Do not purchase foods that don’t carry a list of ingredients. Read the label each time to ensure the product formulation and production has remained the same.

Local distributors may not have current information on correct serving sizes or product credibility. **Do not** take the sales person’s word for it. Look for the CN Label and obtain the nutrition information in writing. Many times information or publications will make claims on product credibility that are not correct. If in doubt, call your CACFP consultant.

Resources are available to assist you in selecting creditable meal components. Educate yourself. Listed below are a few of the resources that all child nutrition programs should have access to.

Food Buying Guide

The Food Buying Guide is designed to facilitate two important functions: to prepare and serve the right amount of food and to purchase it economically. Additionally, it will help to determine the specific contribution each food makes toward the meal pattern requirements. This is necessary to ensure that meals provide needed nourishment and meet program requirements for reimbursement.

Each chapter has criteria for determining acceptable meal components. Helpful charts are also available in the Food Buying Guide. Grains/breads serving size and ingredients are a common area that causes confusion. The grains/breads serving size charts are in Section 3 page 15. This chart provides information on the most common types of grain/bread items and the weight needed for a serving.



For Your Information

Common misconceptions found on menus:

Milk/Milk Products

Yogurt, pudding, pudding pops, ice milk and ice cream are not creditable as milk products.

Meat/Meat Alternates

Yogurt is creditable as a Meat/Meat Alternate. Bologna, hot dogs, lunchmeats, fish sticks and chicken nuggets are **not recommended for children under one year of age.**

Fruits and Vegetables

Common combination mixtures like fruit cocktail, mixed vegetables count as one fruit/ vegetable.

Fillings inside toaster pastries or cookies are not creditable as a fruit component.

Fruit rollups, fruit shapes and similar products are not creditable as a fruit component.

Juice cocktail and punch are not creditable as a fruit component.

Juice is creditable—just should be limited to not more than 6 oz. per day.

Popcorn, caramel corn, potato chips, and corn nuts are not creditable as fruit/vegetable component.

Grain/Bread

The grain/bread must be whole grain or enriched or made from whole grain or enriched flour.

Cereals must be whole grain, enriched or fortified.

Bran, cornmeal, milled corn, and germ are creditable.

Honey graham crackers, granola bars, pretzels, ready to eat cold cereals, and oatmeal are **not a reimbursable food in the Infant Meal Pattern.**

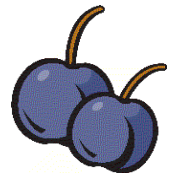
Desserts may not be credited as a bread alternate for lunch.

Popcorn, caramel corn, potato chips and corn nuts are not creditable grains.

Pick a better snack

With Plums!

Delightful purple plums are a sweet and juicy treat related to cherries and peaches. Plums today are mostly grown in California, but they are grown on every continent except Antarctica.



Choose plums that are tender to the touch and have smooth, uniform skin. The softer the plum the sweeter it is! Look for those that retain the “bloom,” a natural powder-like haze covering the fruit, since these are likely to have received the least handling. A plum’s ripeness cannot be judged by its color since each variety has its own shade of color. Plums will ripen at room temperature, or place them in a paper bag with an unripe banana for a day or two. In the refrigerator, ripe plums keep for about four days.

Wash. Eat. (how easy is that?)

Plum chunks with vanilla yogurt or pudding make a great snack.



With Tomatoes!

Tomato – a fruit or a vegetable?

Botanically speaking, the tomato is a fruit, because a fruit is any fleshy material covering a seed or seeds. Horticulturally speaking, the tomato is a vegetable.

There’s much talk today about the health benefits of lycopene, which is found primarily in tomatoes and tomato products. In addition to giving tomatoes their vibrant color, lycopene’s antioxidants may help protect against diseases such as cancer and heart disease.

Choose good, quality tomatoes that have bright, shiny skins and firm flesh. Avoid soft or mushy tomatoes that lack color or have blemishes, wrinkles, or cracks. Never refrigerate a tomato that is not fully red or ripe! Cold temperatures destroy flavor and stop the ripening process. Once fully ripe, a tomato can be refrigerated, but only for a few days; any longer results in flavor deterioration.

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Snack ideas

A fresh tomato is a wonderful treat and is used in many food offerings today.

- Make a quick cold snack by tossing together a bag full of cherry tomatoes, baby carrots, grapes, apples and broccoli spears.
- Homemade salsa is a great snack with whole grain tortilla chips.
- Top tomato slices with Parmesan cheese and garlic powder, or for a hot snack, top them with low-fat mozzarella cheese and fresh basil, then microwave for 30 seconds.

Pick a **better** snack™ was developed in partnership with the Iowa Nutrition Network and the USDA's Food Stamp Program and Team Nutrition – equal opportunity providers and employers. For more information about the Iowa Nutrition Network, call the Iowa Department of Public Health at (800) 532-1579.

Food Safety Basics

(continued from April 2005 issue)

Cooling solid and soft foods. Here are the six steps to cool solid and soft foods such as meats, refried beans, rice, potatoes, casseroles, stews, chili and thick soups or chowders:

1. Wash your hands.
2. Before you put away any food, you must place it in shallow metal pans, with the food no more than 2 inches deep. For very thin soups or stocks you may cool foods in pans 4 inches deep.
3. Cut large roasts and turkeys into pieces no larger than 4 pounds.
4. Put all meats and other hot food in the cooler or refrigerator as quickly as you can, right away; **do not let the food sit at room temperature for more than 30 minutes.**
5. Do not stack pans; leave space for air to move around them.
6. Wait until the food has cooled to below 45 F before you cover it.

Each refrigeration unit must have its own thermometer that gives a true measure of how cold the air is, but you must also check the food with a metal stem thermometer. Air in the cooler must be able to move around the food. So the pans and dishes need to have space between them—do not crowd them.

Cold holding. For cold hold, do not let food stand at **room temperature** because that will allow germs to grow. Store foods in a refrigerator, in ice, or other approved method. Always cold hold foods at 45 F or less. Fish, shellfish, poultry, milk and red meat will stay fresh longer if you cold hold them below 40 F (4 C). Use the metal stem thermometer to check the food in cold holding, for example, in salad bars, areas where you prepare food, and in coolers. If you use ice to keep the food cold on a salad bar or food display, be sure that the ice comes up to the level of the food that is in the pan or dish. **Food must be colder than 45 F when you put it in the ice.** Cold hold foods at 45 F or less.

Thawing frozen food. There are only three safe ways to thaw foods, and you must plan ahead to allow enough time to do it right:

1. Thaw food in the refrigerator; it may take a few hours or a few days. This is the best and safest way. Be sure to put meat in a container to catch the meat juices and to keep them from dripping on the food below.
2. Hold the food under cool, running water, never under warm or hot water.
3. In a microwave oven, you must then cook it or serve it right away.

Never thaw food at room temperature, on a counter or in warm water. These methods let harmful bacteria grow to high numbers (the “Danger Zone”). Never thaw food at room temperature, on a counter or in warm water. These methods let harmful bacteria grow to high numbers (the “Danger Zone”).

New Format for Fiscal Year (FY) 2006 CACFP Record Keeping Workshop

The FY2006 “Steps to CACFP Success” replaces the CACFP Record Keeping and the Basic Menu & Food Production Record workshops. The “CACFP Record Keeping Manual for Centers, Iowa CACFP, 10 Steps to Success in CACFP” is the reference document for the workshop. The format for the workshop is as follows:

“Steps to CACFP Success”		
Workshop Hours	Session Topics	General Description
8:15 – 8:30	Introduction to CACFP Participation	Reviews your responsibilities for CACFP participation. Reference: Chapter 1.
8:30 – 10:00	Menu Planning	Reviews the CACFP meal pattern requirements. Reference: Chapter 2.
10:15 – 11:30	Food Production Records	Explains how to use the “Food Buying Guide” and complete food production records. Reference: Chapter 2.
11:00 – 11:30	Lunch (for everyone not operating an Emergency Shelter Program)	
11:00 – 11:30 (11:30 – 12:00)	Emergency Shelter Programs (Lunch: Emergency Shelter Programs)	Explains requirements for Programs providing service to homeless families with children to participate in CACFP. Reference: Appendix A.
11:30 - 3:00	CACFP Requirements for Participation	Explains required CACFP record keeping and monthly claims, Program supervision, training, civil rights, and requirements for Center Sponsors. Reference: Chapters 3-10 and Appendix B.
3:15 – 4:30	Infant Feeding in CACFP	Reviews requirements/guidelines for feeding and claiming infant meals. References: Feeding Infants booklet (USDA guide) and Appendix C.

Bureau of Nutrition Programs and School Transportation

“Steps to CACFP Success” Workshop Dates

“Steps to CACFP Success” will be offered on the following dates during FY2006:

September 13, 2005

December 14, 2005

March 8, 2006

June 13, 2006

September 12, 2006

The ICN locations for each date are listed in the workshop brochure and on the Bureau’s website:

<http://www.state.ia.us/educate/ecese/fn/>

Additional Workshop Offering 2006

The following workshop will also be offered:

Free and Reduced-price Applications

8:30-10:30 on August 2, 2006

CACFP Application Renewal Q&A

10:45-12:45 on August 2, 2006

Description: Reviews the basic procedures and common questions regarding free and reduced-price applications. The second part of the workshop will review the CACFP application renewal process.

Who should attend CACFP workshops

Potential CACFP participants are required to attend the entire workshop, unless they are not serving infants. Current CACFP participants may register to attend one or more sessions.

Center staff with CACFP responsibilities, new directors, food service personnel, center owners, and Board members should register and attend to learn about Program requirements and responsibilities for CACFP participation.

How to register for CACFP workshops

Call Janelle Loney at 515-281-5356 or e-mail:

(Janelle.Loney@iowa.gov).



Visit the Bureau’s Web Site at www.state.ia.us/educate/ecese/fn/

FY 2006 Income Applications

The FY 2006 income application and cover letter are found on the claim website under "Form Download", the same location as the CNP-731 Renewal Packet, or your organization received them in the mail with the Renewal Packet.

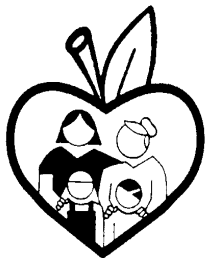
CACFP organizations (adult and child care) claiming free and reduced-price meals on the monthly claim are reminded that the FY2006 income application and cover letter must be given to all families of newly enrolled participants and currently enrolled participants in late August or early September. All income applications and cover letters must be copied front to back (as indicated) and stapled.

There are two child care center cover letters. The income application is the same for both cover letters.

- The "non-pricing" cover letter must be used by non-pricing organizations. These organizations charge families only a tuition charge for child care.
- Pricing organizations must use the "pricing" cover letter. The pricing organizations have a separate meal charge in addition to the tuition charge for child care. Parents receive billings that identify a charge for care and a charge for meals.

Adult care centers, must use the FY2006 adult income application and cover letter.

Whether your CACFP organization is pricing or non-pricing is identified on the Sponsor application. If this is incorrectly identified on the application, make the appropriate change for FY2006, and select the correct cover letter and income application to give to parents.



FY 2006 CACFP Application Renewal

The summer of 2005 is nearly past, and the fall season is fast approaching. This means it is time to submit your FY-2006 CACFP Application Renewal to the State Agency. Memorandum CS-2005-11, IC-2005-7 was sent July 22, 2005 to FY 2005 CACFP center-based institutions outlining procedures for submitting your FY 2006 Application Renewal on-line or off-line.

On-line applicants please note: On-line application renewal submitters will access, revise and submit their Sponsor Application, Site(s) Information and Annual Sponsor Budget directly on the web. However, they must copy, complete, and submit a hard copy of the Fiscal Year 2005-2006 CNP-731 CACFP Center Application Renewal Packet (CNP-731) and Food Service Agreement/Contract, as applicable, to the State Agency.

All FY 2006 documents other than Sponsor/Site/Budget Forms, e.g. CNP-731, Income Eligibility Forms and Parent Letters, Appeal Procedures, Income Guidelines etc. are accessed through the Form Download on the "GO" Menu.

Be sure to download, complete and send the Fiscal Year 2005-2006 CNP-731 (REV 07/05) and Food Service Agreements/Contracts, as applicable, to the State Agency. Use the correct revisions of all other 2006 Download Documents e.g. Income Eligibility Forms and Sample Parent Letter.

Off-line applicants please Note: All correct FY 2006 hard copy documents were enclosed with the July 22, 2005 memorandum for institutions known to have submitted FY 2005 claims off-line. Complete and submit hard copies of your updated Sponsor Application, Site(s) Information, Sponsor Annual Budget, CNP-731 and Food Service Agreement/Contract, as applicable, to the State Agency. 2005 off-line applicants are encouraged to submit their 2006 Application Renewal, as well as their 2006 reports on-line. **The deadline for submission of all on-line and hard copy 2006 Application Renewal documents is August 19, 2005.**

For assistance, contact Rod Bakken at Rod.Bakken@iowa.gov or call 515-281-4760

Tidbits from Julia

The State Agency is pleased to announce that Iowa has been awarded a 2005 Team Nutrition Training Grant. This two-year grant, will allow the State to build on lessons learned in previous Team Nutrition grants and implement new initiatives while continuing to enhance previous projects for all Child Nutrition Programs. The grant funding will support the continued availability of mini-grants for CACFP Sponsors to support the development of healthy eating and physical activity behaviors by program participants, foster the establishment of policies and best practices, and encourage the involvement of parents and CACFP staff as role models.

Getting parents more involved in their children's nutrition and physical activity needs...

If you don't have a Parent Advisory Board, you might want to think about establishing one. If you already have a board, consider having part of each meeting focus around nutrition and physical activity. Parents influencing other parents can be an effective way to raise awareness and deliver positive messages about children's well being. The USDA resource [Nibbles for Health](#), sent to centers last year, includes newsletters and good ideas for working with parents. Also, consider using some of the resources below as you work with your parents.

Iowa Team Nutrition Resources

The Bureau currently has in stock a supply of the following resources for use by CACFP:

Setting the Stage Card Sets

- 1) Policies and Best Practices
- 2) Physical Activities and Healthy Snacks for Young Children
- 3) Nutrition and Physical Activity Lessons for Early Childhood Settings

Exploring Foods Workbook

Snacks for Little Chefs and

Pick a **better** Snack CD – with lessons and ready to print small posters

If you could use any of these resources as part of your program to encourage healthier nutrition and physical activity habits by your participants, contact Janelle.Loney@iowa.gov or call Janelle at 515-281-5356 with the quantity needed by item, agreement number, mailing address, contact person and phone number.

Bureau of Nutrition Programs and School Transportation

2005 CACFP Summer Short Courses

CACFP Short Courses were held at the Scheman Center in Ames on July 12-13, 2005. Cynthia Winbush, RD, Nutrition Solutions and Virginia Webb from the National Food Service Management Institute assisted Bureau staff with the presentations.

Program comments included:

- Very informational—really enjoyed Cynthia. Wish the session could have been longer—she needed more time!
- Thank you—excellent presentation. It was perfect.
- I will try some new recipes.
- Cynthia is a great speaker—keeps you listening.
- I loved it—very upbeat!

If you were unable to attend this year make plans for next year to attend!



Left to right: Virginia Webb-NFSMI, Mississippi; Cynthia Winbush-Nutrition Solutions, Universal City, TX; Lori French-USDA, Washington DC.

Visit the Bureau's Web Site at www.state.ia.us/educate/ecese/fn

EAT SMART. PLAY HARD.

TEAM NUTRITION!!

Power Panther is the spokesperson for the Food and Nutrition Service's healthy messages. He has lots of great information and also fun stickers and tattoos available at:

<http://www.fns.usda.gov/eatsmartplayhard/>.

After you get to this page check out the Eat Smart. Play Hard. Collection. It has information for kids and their parents.



Mini-Grants

Team Nutrition will be offering mini-grants for the coming year to CACFP programs. To apply go to the Bureau of Nutrition Programs and School Transportation's website at:

<http://www.state.ia.us/educate/ecese/fn/>

Go to Team Nutrition topic and then to mini-grant forms. The grants will be due September 15th.

Twenty-one centers or sponsors received grants last year. Activities conducted include enhancing nutrition education materials, having taste testing for fruits and vegetables that were new to the children, providing physical activity opportunities, and creating nutrition education kits that traveled to different centers including resources in English and Spanish. Another idea, that has been done in the past, is to have backpacks with storybooks about nutrition that include a recipe with some of the ingredients provided for parent and child to make together.

Team Nutrition Resources

Lots of great resources are available on the USDA Team Nutrition Web page. To order or download a list of resources go to

<http://www.fns.usda.gov/tn/Resources/index.htm>

There is a special section on tips for helping parents learn how to make physical activity and healthy eating a part of their daily routine. Some of the tips for physical activity include:

- create safe places;
- set a good example by being active with your children;

- promote physical activity at home and with friends;
- limit sitting around time; and
- set aside time each day for physical activity.

The link for parents is at:

<http://www.fns.usda.gov/tn/Parents/index.htm>

Additional suggestions for parents to encourage healthy eating include:

- know what's for lunch where your child attends school or day care;
- show your kids and their friends where food comes from;
- have a tasting party to introduce new foods; and
- listen to what your child is learning about good nutrition at school or day care.

You can also talk to children about the new pyramid at www.MyPyramid.com. Be watching for a children's version of the pyramid to be out sometime in the Fall of 2005.



Eat Smart. Play Hard.™

Food and Nutrition Service, USDA

Resources

If you build it, they will come....

Well, we built it and you've been coming! The popularity of the Resources column has exceeded our expectations, and we are asking for a little of YOUR help to meet your needs. You'll notice a few changes in the order form:

- Your requests for material will now be prioritized. We will send your top choice if it is available, or work down the list.
- Your training objectives are required. If we can't provide the material you want, we will do some work to identify resources and contact you with additional suggestions.

Welcome to

**The National Food Service
Management Institute**



The mission of the National Food Service Management Institute is to provide information and services that promote the continuous improvement of Child Nutrition Programs. The Institute provides information, conducts applied research, and offers training and education opportunities. NFSMI serves anyone connected with the Child Nutrition Programs: school lunch, school breakfast, summer feeding, and Child and Adult Care Food Program participants. NFSMI's Information Services provides all types of information or referrals about any Child Nutrition Program, and it's free! The Resource catalog is a comprehensive listing of materials available from NFSMI. Here are some highlights:

If you are interested in a brochure of all the material available on the web for child care, go to <http://www.nfsmi.org/Information/childcarebrochure.pdf>. This would be useful for sponsors of centers or home sponsors, to get an idea of the things people find useful for training. A catalog of all available material is at <http://www.nfsmi.org/Information/Guide.html>.

A neat newsletter is posted from time to time, developed just for CACFP. You can download and print it for distribution to your staff, sponsored centers or home sponsors. Go to http://www.nfsmi.org/Information/Newsletters/Mealtime_memo_index.html to check it out.

Bureau of Nutrition Programs and School Transportation

Multimedia Reservation Form Bureau of Nutrition Programs and School Transportation

Your name _____

Title _____

Phone () _____

Email _____

Agreement # _____

Mailing Address:

School/
Organization _____

Street _____

City _____ IA Zip _____

Your Request: We will make very effort to provide the material you request for the time you want. If the material is already taken, we will contact you by email to suggest another selection. **Material must be returned no later than 2 weeks after receipt!**

Loan # and Material title (s) (Please include both):

1 _____
2 _____
3 _____
4 _____

Training objectives:

Date(s) of use _____

Alternate date(s) _____

Group(s) to be trained _____

Approximate size of group(s) _____

Mail to: Mary Jo Clark
Bureau of Nutrition Programs and
School Transportation
Grimes State Office Building
400 E. 14th Street
Des Moines, IA 50319-0146

Or FAX to: Mary Jo Clark at 515-281-6548
If you have questions, please call Mary Jo at 515-281-4751 or e-mail: maryjo.clark@iowa.gov

Visit the Bureau's Web Site at www.state.ia.us/educate/ecese/fn